

Top Tips for Temper Tantrums

Diversion

- This is probably one of the finest tact to help you out.
- The smarter you are in diverting your kid that much shorter the tantrum exists.
- A child's attention span is quite short. This makes it quite easy to divert his/her mind
- Give your child an option to do something else.

For example: "Let's peel a banana" or "Why don't we read your favourite book?" or "Let's draw something"

Plan

- You need to set a routine for your child every time.
- Your toddler would want to know what is coming next though he may not express it.
- You need to set a proper routine for your child.
- In this way, he would get an understanding of his bath time, play time, nap time etc.
- A child gets accustomed to a set routine very soon and hence it reduces the amount of tantrums to a great extent.

Avoid going out during your toddler's nap time

- Toddlers often get too cranky if they are sleep deprived.
- Unlike adults, these little ones cannot delay there nap comfortably.

Carry some food and toys

- If you want to go out shopping or buying grocery then make sure you carry a water bottle and some snacks for your child.
- Small kids are often fussy about what they may want to eat.
- Carrying some snacks would always help you to avoid tantrums that might develop due to hunger.
- A toy can be of great help in such situations.
- Let your child bring along his/her favourite toy.
- It'll provide him/her comfort if he/she gets irritable.

- Just carry some favourite snacks for your child which you think he may eat.
- This will help you to avoid a lot of trouble and would also make your outing a lot more comfortable.



Stay Calm

- It is understandable that when your child is throwing a fit, you tend to get more irritated.
- Deal with your child's tantrum in a positive way.
- Take a deep breath and keep your cool.



Establish a reward

- Let your child know that if he/she can calm down, you will reward him/her.
- A reward can be anything like a small toy or candy.
- However, do not make this a habit. This method of handling your child's temper tantrums can only lead you your child assuming that if he/she cries, he/she will receive what he/she want.
- Use this method only as a last option.



Ignore

- One of the best methods to handle your child's temper tantrum is to IGNORE it.
- Give your child his/her space.
- Ignore the tantrum and allow the toddler to calm down.
- Ignoring may be extremely difficult for you, but it's one of the most effective methods.
- However, ignoring all situations is not right.
- You need to understand your child's behaviour and adopt a particular method that you feel is the best.